

WETHERSFIELD PARKS & RECREATION



Winter & Spring

2016

PROGRAMS & REGISTRATION

REGISTRATION FOR BOTH WINTER & SPRING
BEGINS JANUARY 6 FOR RESIDENTS &
JANUARY 7 FOR NON RESIDENTS

Programs subject to change based on WHS renovation

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ADVISORY BOARD

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CONTACT

Parks & Recreation Department
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860-721-2890
rec.activities@wethersfieldct.gov

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30 Greenfield Street
860-721-2950
community.center@wethersfieldct.gov

Eleanor Buck Wolf Nature Center
156 Prospect Street
860-721-2980
naturecenter@wethersfieldct.gov

WEBSITE

wethersfieldct.gov/recreation

Facilities

WILLIAM J. PITKIN COMMUNITY CENTER

30 Greenfield Street. Houses the Senior Center, Wethersfield Community Television, 9/11 Memorial Sports Center, The Learning Circle Preschool, and other programs. Rooms may be rented for wedding receptions, anniversaries, birthdays, meetings, etc. The facility is a designated shelter during town-wide emergencies.

9/11 MEMORIAL SPORTS CENTER

30 Greenfield Street. Gym, fitness room, and meeting room with wireless internet access located in the Pitkin Community Center. Gym and meeting room may be rented. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the ruins of the World Trade Center.

TOWN EMERGENCY SHELTER

Located in the Pitkin Community Center at 30 Greenfield Street. During town-wide emergencies an announcement will be made if open. Shelter can be reached at 860-721-2950.

BACKMAN POOL

AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. For hours of operation and admission, please see Aquatics on page 20.

ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. An environmental education center in Mill Woods Park operated with member support. Exhibits, live animals, educational programs, field trips, parties, room rentals, scout programs and volunteer opportunities. For visiting hours please see Eleanor Buck Wolf Nature Center on page 4.

SOLOMON WELLES HOUSE

220 Hartford Avenue. A historic house built in 1774 overlooking the Wethersfield Cove. Residents and local businesses may rent this facility for meetings and small parties up to 52 people.

MILL WOODS PARK

Prospect Street at Wolcott Hill Road. Features Loretta's Dream - a new picnic pavilion, skatepark, bocce courts, lighted tennis & basketball courts, sports fields, picnic area, walking paths, playgrounds and a dog park.

STANDISH PARK

Garden Street & Hartford Avenue. Features Mikey's Place (two universally accessible playscapes for toddlers & school children), basketball court, baseball field, and tennis courts.

WINTERGREEN WOODS

Folly Brook Boulevard & Eagle Drive. Features walking trails through 110 acres of forest and wetlands. The Heritage Way Bikeway/Pedestrian Path connects to other parks.

HERITAGE WAY BIKEWAY/PEDESTRIAN PATH

10 mile trail on existing streets and off-road paths connects many parks, schools and open spaces. Map is available at Parks & Recreation and online.

GARDEN PLOTS

Wethersfield Fire Department Station #1: 20' x 30' plots available to residents ages 18+. Individuals who purchased a plot in 2015 will be given the opportunity to purchase the same plot for 2016. Registration forms will be mailed to those households in January, 2016. Fee per plot: \$30.00.

One plot per family, with additional plot assignments made after all interested residents have been satisfied. **Register in person at Parks & Recreation beginning Tuesday, 3/1.**

WETHERSFIELD COVE BOATING

Main Street. Park includes docks and a boat launch with access to the CT River. Tender cleats and mooring rentals are available Memorial Day through Columbus Day, weather permitting. Register in person. Copy of valid boat registration & proof of insurance required. Contact Parks & Recreation for fees and registration information.

Special Events

WETHERSFIELD SKI/SNOWBOARD CLUB

Offered to residents in grades 7-12. The club offers Saturday trips to various ski areas in Vermont. Fees include lift tickets, bus transportation and supervision. Contact Parks & Recreation for more information.

SCHOOL VACATION PROGRAMS

Details will be posted online and distributed through Wethersfield schools prior to school vacations. For a list of EBW Nature Center school vacation programs please see page 6.

EGG HUNT

Ages 0-8. Saturday, 3/19 at Cove Park. Plan to arrive early, as the event starts promptly at 2:00 p.m. If weather or field conditions are poor, the event will be held indoors. Call Parks & Recreation for location.

ANNUAL SPRING DANCE

Friday, 4/22, 7:00-11:00P, Pitkin Community Center. Recall *Hollywood Classics* with live music by Dually Noted and enjoy light refreshments. Proceeds benefit the Friends of the Eleanor Buck Wolf Nature Center programs and scholarships. Tickets are \$25. Contact the Nature Center for tickets.

ELEANOR BUCK WOLF DAY

Saturday, 6/11, 10:00-3:00P, Nature Center. Celebrate the 11th Anniversary of the free standing Nature Center. More details to follow.

GOOD 'OLE FISHING DERBY

Saturday, 4/30, 8:00A-12:00P, Spring Street Pond. FREE. Sponsored by Parks & Recreation, MDC, Connecticut Outfitters and UNICO. Pre-registration required with Parks & Recreation or Connecticut Outfitters. No "reel" experience necessary. Bring your fishing pole. Bait will be available for purchase. 1st, 2nd and 3rd place prizes for length, smallest and most unusual. Tagged fish awards too! Families may begin fishing after 12:00P.

Rain date: 5/1. If weather conditions are poor, call Parks & Recreation to confirm event changes.

Date	Day	Time	Residents Only	Code
Grades 5-6				
4/30	Sa	8:00-9:00A	Free	529004-01
Grades 2-4				
4/30	Sa	9:15A-10:15P	Free	529004-02
Grades K-1				
4/30	Sa	10:30-11:30A	Free	529004-03



Arts Programs

ACTING CLASSES

Grades K-8. Unleash your creativity. Classes offer training in performing arts and help enhance the performing skills of all participants. Min/Max: 7/25. Pitkin Community Center. No class 2/17.

Date	Day	Time	Res/NonRes	Code
Grades K-4				
2/3-3/23	W	5:00-5:55P	\$110/\$120	402061-01
Grades 5-8				
2/3-3/23	W	6:00-6:55P	\$110/\$120	402062-01



Early Childhood

TLC - PLAYGROUP

Ages 1½ - 3½. Sharon Spellman, Director. With parent or caregiver. Provides your child an opportunity to play with other children. This is a child's first introduction to organized preschool activities while still in the company of a parent or caregiver. Circle time, exercise activities, songs, show-n-tell, free play, arts & crafts, field trips and more Min/Max: 10/25. Pitkin Community Center.

No class 2/12, 2/15, 3/25, 4/11, 4/13, 4/15.

Date	Day	Time	Res/NonRes	Code
2/1-5/16	M	9:00-11:00A	\$100/\$120	410080-01
2/3-5/11	W	9:00-11:00A	\$100/\$120	410080-02
2/5-5/27	F	9:00-11:00A	\$100/\$120	410080-03

THE LEARNING CIRCLE PRESCHOOL: THRILLING THREES & FEARLESS FOURS

Ages 3-5. Sandra Davis, Director. Space is still available in our state-licensed preschool for three and four year olds at a pro-rated fee for the current session. This program is designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, outdoor fun and more.

Three Year Olds: Tu/Th 9:00 - 11:15A

Four Year Olds: M/W/F 12:00 - 2:30P

Call 860-721-2950 for information and fees for the rest of the school year.

Registration for the 2016-2017 school year will begin in March. Call the Pitkin Community Center for details.

NATURE SCHOOL – TADPOLES, FROGLETS AND FROGS.

Ages 2-5. See Nature Center on page 5.



Eleanor Buck Wolf Nature Center

VISITING INFORMATION

Open Tuesday – Saturday 10:00A-5:00P. Features hands-on exhibits, live animals, library, picnic areas and walking trails in Mill Woods Park. Suggested donation \$3. Free for Friends members.

Also provides rentals, parties, volunteer opportunities, lectures, field trips and outreach programs. Stay in touch at www.ebwnaturecenter.org or like “ebwnaturecenter” on Facebook.



FRIENDS OF THE ELEANOR BUCK WOLF NATURE CENTER

An independent, member-supported, non-profit promoting ecology education through programs, events and scholarships with the Nature Center. Meets the third Tuesday of each month 7:00-9:00P. Members visit free, receive program discounts, register early, etc. For more information visit www.friendsofebwnaturecenter.org. *To join or renew when registering for programs, use the Friends of the Eleanor Buck Wolf Supplemental Form on page 23.*

HOST YOUR NEXT BIRTHDAY PARTY AT THE NATURE CENTER

A birthday party at the Eleanor Buck Wolf Nature Center is a great way to encourage interest in nature while enjoying the conveniences of a party outside your home. Staff will assist with set-up and clean-up, greet guests and lead hands-on activities with the animals. Parties are 2 hours and flexible scheduling is offered. Fee is \$150 for Friends of the Nature Center and \$175 for non-members. For more information please contact the Nature Center.



OUTREACH PROGRAMS

If you cannot come to the Nature Center, we can come to you. Program gives students or adults the opportunity to visit the animals that live at the Nature Center as well as experience nature through activities provided by our staff. A variety of programs (including live animals) can be presented at your school/organization.



BOOK YOUR SCOUT GROUP

Boy Scout and Girl Scout troops may schedule programs after school or on weekends that are seasonally and age appropriate (insects, flowers, forestry, etc). Programs are subject to availability. They run 1-1.5 hours in length. For more information please contact the Nature Center.

SCHOOL FIELD TRIPS

Consider the Nature Center for your next field trip. We can design programs that align with the current state science standards. From living vs non-living to adaptations to plants we can provide hands-on learning experiences.



Volunteering

Volunteers are an essential part of the Nature Center's daily operations. Summer camps, special event programs and daily animal care would not be possible without the dedication and commitment of volunteers. If interested in becoming a volunteer, the first step is to register for a volunteer orientation training. If unable to attend one of the orientation dates, please stop by the Nature Center to pick-up a volunteer handbook.



NC VOLUNTEER ORIENTATION

Ages 13+. Seniors, adults, interns and students may volunteer as greeter, gardener, animal caretaker, educator, special events assistant, etc. Orientation introduces seasonal programs and events, on-going and short-term volunteer opportunities and provides basic safety training. Min/Max: 1/15. Nature Center.

Date	Day	Time	Friends/Others	Code
1/28	Th	5:30-6:30P	Free	406140-02
4/7	Th	5:30-6:30P	Free	506140-02

FREE Programs

WINTER WALKS

All ages. Join the Great Meadows Conservation Trust for their 2016 Brisk Winter Walks. Co-sponsored with the CT Audubon Society Center at Glastonbury and the Eleanor Buck Wolf Nature Center. Locations vary. Contact the Nature Center for details.

Date	Day	Time	Location	Code
1/3	Su	1:00P-2:30P	GMCT Wood Parcel	NA
1/9	Sat	10:00A-12:00P	Wolf Parcel	NA
1/31	Su	1:00P-3:00P	Rocky Hill Meadows	NA
2/7	Su	1:00P-3:00P	Rocky Hill Meadows	NA
2/20	Sa	10:00A-12:00P	Crow Point	NA
2/27	Sa	10:00A-12:00P	Hockanum Park	NA

Adult and Children's Programs

WILDERNESS FIRST AID BY SOLO

Ages 16+. Basic training for outdoor enthusiasts and group leaders. Instruction and hands-on practice in patient assessment, cold-and heat-related injuries, fractures, environmental emergencies (e.g. lightning), etc. Meets ACA staff guidelines. Recertifies SOLO WFR. Includes 2-year certification, lunch, snacks and text. After 2/21, \$105 becomes non-refundable. Min/Max: 12/24. Nature Center.

Date	Day	Time	Friends/Others	Code
<i>Wilderness First Aid</i>				
3/12-3/13	Sa, Su	9:00A-5:00P	\$160/\$175	406180-01

EBW JUNIOR WILDLIFE RANGERS

Ages 6+. Did you know there are 22 different species of animals living at the Nature Center? Each week spend time intensely learning about a different species including their habitat, diet, behavior and origin as well as some fun facts. At the end of the session, participants will earn their official EBW Junior Wildlife Ranger badge. Min/Max: 5/12. Nature Center.

Date	Day	Time	Friends/Others	Code
4/23-5/28	Sa	10:30-11:30A	\$35/\$40	506430-01

MILL WOODS RANGERS

Ages 8+. Explore 200 acres of Mill Woods Park. Each week will focus on a different aspect of the park from plants and wildlife to ponds and meadows. While having fun exploring the natural world, discover the importance for preserving and caring for it. At the end of the session participants will earn their official Mill Woods Ranger badge. Min/Max: 5/12. Meet at Nature Center.

Date	Day	Time	Friends/Others	Code
4/23-5/28	Sa	1:00-2:30P	\$30/\$35	406420-02

METEOR SHOWER PARTIES

Ages 10+. Watch the night sky become illuminated by meteors or "shooting stars." The meteor showers are: Lyrid in April and Eta Aquarid in May. Binoculars and warm clothing recommended. Viewing tips and materials provided. Walk-ins welcome, but registration is appreciated. In case of rain the event will be postponed to the following evening. Meet at Nature Center.



Date	Day	Time	Friends/Others	Code
4/22	F	7:00-8:30P	\$3/\$5	506211-01
5/6	F	7:00-8:30P	\$3/\$5	506211-02

Early Childhood Nature Programs

NATURE SCHOOL - TADPOLES

Age 2. Parent/caregiver and child participate in educational and hands-on activities utilizing curriculum focused on the animals that reside at the EBW Nature Center. Using their five senses, children will compare and contrast their anatomy, habitat and diet to the reptiles, mammals, birds, fish and amphibians at the Nature Center. Activities include literacy, music and art connections as well as outdoor exploration. Circle time and games will help develop social skills and engage curiosity about the natural world. Financial assistance available. Winter and spring sessions cover different animals. Min/Max: 4/10. Nature Center.



Date	Day	Time	Friends/Others	Code
2/23-4/5	T	10:00-11:30A	\$55/\$65	406081-01
4/19-5/31	T	10:00-11:30A	\$55/\$65	506081-01

NATURE SCHOOL - FROGLETS

Age 3. Parent/caregiver and child participate in hands-on activities using nationally recognized curriculum *Growing Up Wild*. Activities connect young children to nature and expose them to new math and literacy vocabulary. Through music, movement and art, spark creativity and build on a child's natural affinity towards nature. Each activity will have a take home connection which will enable the participant to continue exploring at home. Financial assistance available. Winter and spring sessions use different activities. Min/Max: 4/10. Nature Center.



Date	Day	Time	Friends/Others	Code
2/24-4/6	W	10:00-11:30A	\$55/\$65	406082-01
4/20-6/1	W	10:00-11:30A	\$55/\$65	506082-01

NATURE SCHOOL - FROGS

Ages 4-5. Parent/caregiver and child participate in hands-on activities designed to encourage interest and inquiry into the natural world, as well as foster social, physical and academic skills. Investigate the habitats of Mill Woods Park to learn about the plants and animals they call it home. Visit and learn about the animals at the Nature Center. Circle time, games, music and movement as well as scientific observations and discoveries. Financial assistance available. Winter and spring sessions are not the same due to the seasons. Min/Max: 4/10. No class 3/25. Nature Center.



Date	Day	Time	Friends/Other	Code
2/26-4/8	F	10:00-11:30A	\$45/\$55	406084-01
4/22-6/3	F	10:00-11:30A	\$55/\$65	506084-01

VACATION ADVENTURES AT EBWNC

Grades K-6. Hands-on ecology lessons, art and literacy connections, animal visits and outdoor explorations in Mill Woods Park combine fun and educational experiences during school vacation. Adult educators with assistants. Early sign in and late sign out options provide extra time for animal visits, crafts, reading, games, etc. Min/Max: 8/18. Nature Center.

ADVENTURES IN WINTER

1/18 Year of the Monkey: The Chinese Zodiac Calendar marks 2016 as the Year of the Monkey. There will be no monkeying around as we spend time researching these clever, mischievous and always curious primates.

Date	Day	Time	Friends/Others	Code
Grades K-2				
1/18	M	8:00A-4:30P	\$35/\$40	406019-02
Grades 3-6				
1/18	M	8:00A-4:30P	\$35/\$40	406019-03
Extended Hours				
1/18	M	7:30-8:00A	\$5/\$5	406019-01
1/18	M	4:30-5:30P	\$5/\$5	406019-04

2/12 & 2/15-2/16 Drones, Droids and Robots: Focus on the technology in STEM and discover how drones, droids and robots can advance science as it pertains to agriculture, medicine, space and deep ocean exploration.

Date	Day	Time	Friends/Others	Code
Grades K-2				
2/12	F	8:00A-4:30P	\$35/\$40	406020-02
2/15	M	8:00A-4:30P	\$35/\$40	406021-02
2/16	Tu	8:00A-4:30P	\$35/\$40	406022-02
Grades 3-6				
2/12	F	8:00A-4:30P	\$35/\$40	406020-03
2/15	M	8:00A-4:30P	\$35/\$40	406021-03
2/16	Tu	8:00A-4:30P	\$35/\$40	406022-03
Extended Hours				
2/12	F	7:30-8:00A	\$5/\$5	406020-01
2/12	F	4:30-5:30P	\$5/\$5	406020-04
2/15	M	7:30-8:00A	\$5/\$5	406021-01
2/15	M	4:30-5:30P	\$5/\$5	406021-04
2/16	Tu	7:30-8:00A	\$5/\$5	406022-01
2/16	Tu	4:30-5:30P	\$5/\$5	406022-04

3/25 Water Careers: In celebration of World Water Day. Explore the diversity of careers associated with this vital resource. From hydrogeologist and water conservation specialist to organic farmer and aquaculturist dive into the depths of opportunities.

Date	Day	Time	Friends/Others	Code
Grades K-2				
3/25	F	8:00A-4:30P	\$35/\$40	406023-02
Grades 3-6				
3/25	F	8:00A-4:30P	\$35/\$40	406023-03
Extended Hours				
3/25	F	7:30-8:00A	\$5/\$5	406023-01
3/25	F	4:30-5:30P	\$5/\$5	406023-04

3/28 Let's Get Wet: Continue to celebrate World Water Day and learn about how water has unique physical and chemical characteristics, how it is an essential natural resource that connects all Earth systems and how it exists within social and cultural constructs.

Date	Day	Time	Friends/Others	Code
Grades K-2				
3/28	M	8:00A-4:30P	\$35/\$40	406024-02
Grades 3-6				
3/28	M	8:00A-4:30P	\$35/\$40	406024-03
Extended Hours				
3/28	M	7:30-8:00A	\$5/\$5	406024-01
3/28	M	4:30-5:30P	\$5/\$5	406024-04



ADVENTURES IN SPRING

4/11-4/15 Earth Day Every Day: In preparation of Earth Day spend the week learning about how the decisions we make each day can help to protect Mother Earth. Whether it is taking alternate transportation, making our homes energy efficient, conserving water, buying organic, local and fair trade products and of course recycling we can make every day Earth Day!

Date	Day	Time	Friends/Others	Code
Grades K-2				
4/11	M	8:00A-4:30P	\$35/\$40	506040-02
4/12	Tu	8:00A-4:30P	\$35/\$40	506041-02
4/13	W	8:00A-4:30P	\$35/\$40	506042-02
4/14	Th	8:00A-4:30P	\$35/\$40	506043-02
4/15	F	8:00A-4:30P	\$35/\$40	506044-02
Grades 3-6				
4/11	M	8:00A-4:30P	\$35/\$40	506040-03
4/12	Tu	8:00A-4:30P	\$35/\$40	506041-03
4/13	W	8:00A-4:30P	\$35/\$40	506042-03
4/14	Th	8:00A-4:30P	\$35/\$40	506043-03
4/15	F	8:00A-4:30P	\$35/\$40	506044-03

Extended Hours				
4/11	M	7:30-8:00A	\$5/\$5	506040-01
4/11	M	4:30-5:30P	\$5/\$5	506040-04
4/12	T	7:30-8:00A	\$5/\$5	506041-01
4/12	T	4:30-5:30P	\$5/\$5	506041-04
4/13	W	7:30-8:00A	\$5/\$5	506042-01
4/13	W	4:30-5:30P	\$5/\$5	506042-04
4/14	Th	7:30-8:00A	\$5/\$5	506043-01
4/14	Th	4:30-5:30P	\$5/\$5	506043-04
4/15	F	7:30-8:00A	\$5/\$5	506044-01
4/15	F	4:30-5:30P	\$5/\$5	506044-04

Therapeutic Recreation

When registering for a Therapeutic Recreation program, please include the supplemental form on page 23.

YOUTH/YOUNG ADULTS PROGRAM

Ages 9-21. Wednesdays participants will be actively involved in golf instruction, cooking, fitness, sports, arts and crafts, hip hop classes and track and field training. Thursdays participants will be involved in ceramics, sports, yoga and track and field training. Min/Max: 4/20. Pitkin Community Center. No class 12/23-12/31, 4/13, 4/14.

Special Olympics Regional Games- May 17

Special Olympics State Summer Games: 6/10-6/12.

Date	Day	Time	Res/NonRes	Code
9/16-6/8	W	2:15-5:15P	\$75/\$94	209280-01
9/17-6/2	Th	2:15-5:15P	\$75/\$94	209280-02

SPECIAL OLYMPICS SNOWSHOE

Ages 8+. Open to participants with special needs. Unified Partners will be accepted on a need be basis. Program will meet for skill development, training and games. Min/Max: 4/10. Pitkin Community Center. No class 12/23, 12/30.

Special Olympics Winter Games at the Eversource Center in Windsor 2/27-2/28. (Must meet Special Olympics requirements in order to compete.)

Date	Day	Time	Res/NonRes	Code
12/9-2/24	W	5:15-6:15P	\$30/\$30	309160-01

SPECIAL OLYMPICS TOTAL ATHLETE

Ages 16+. Young adults will train their bodies, prepare their minds and get their spirits soaring. Program includes cardio workouts, fitness room use as well as stretching, yoga and "bootcamp" fun. Bring a water bottle and get ready to get fit. Snow make-up date is 3/31, if needed. Min/Max: 4/10. Pitkin Community Center. No class 6/2.

Date	Day	Time	Res/NonRes	Code
2/4-3/24	Th	5:30-6:45P	\$45/\$56	409150-01
4/7-5/26	Th	5:30-6:45P	\$45/\$56	509150-01



TR HANGTIME

Ages 21-35. Join us for some leisure activity. We will also share our interests, improving ourselves and becoming more active community members. Classes will be held 2/5, 2/19, 3/4, 3/18, 4/8, 4/22, 5/6, 5/20. Min/Max: 4/10. Pitkin Community Center.

Dates	Day	Time	Res/NonRes	Code
See above	F	3:00-5:00P	\$25/\$35	409035-01



Special Olympics

SPECIAL OLYMPICS SOCCER SKILLS

Ages 8+. Open to participants with special needs. Improve soccer skills as you play. Appropriate dress and sneakers required. Montanaro Field in Mill Woods Park. Rain site: Pitkin Community Center. Min/Max: 4/10.

No class 4/11 & 5/30

Special Olympics: State Summer Games 6/10-6/12

Special Olympics release and medical form must be submitted prior to the beginning of class. Unified Partners must complete and submit a Class A Volunteer form and Unified Partner form.

Date	Day	Time	Res/NonRes	Code
3/14-6/6	M	5:30-6:30P	\$30/\$30	509180-01

SPECIAL OLYMPICS TRACK & FIELD

Ages 8+. Open to participants with special needs. Athletes may train in walking or running events, running or standing long jump, softball throw, shot put or turbo jav. Wethersfield High School track. Rain site: Pitkin Community Center. Min/Max: 4/20. Wethersfield High School.

No class 4/13 & 4/14.

Special Olympics: Regional Games-TBD.

State Summer Games 6/10-6/12.

Special Olympics release and medical form must be submitted prior to the beginning of class. Unified Partners must complete and submit a Class A Volunteer form and Unified Partner form.

Date	Day	Time	Res/NonRes	Code
Ages 21+				
3/25-6/3	W	5:30-6:30P	\$30/\$30	509220-01
Ages 8-21				
3/9-6/8	W	4:15-5:15P	\$30/\$30	509220-02
3/10-6/2	Th	4:15-5:15P	\$30/\$30	509220-03

ADULT SOCIAL CLUB

Ages 21+. Adults have an ongoing schedule of recreational activities. Meet to plan trips, socials and events such as museums, eating out, shopping, cultural and sporting events. Annual Thanksgiving dinner, holiday party and summer picnic. A schedule will be mailed out to all registered members.

Access the Therapeutic Recreation line for a list of upcoming trips by calling 860-721-2959.

For additional information, please contact Natalie Morrison, Therapeutic Recreation Supervisor, at 860-721-2952.

Date	Day	Time	Res/NonRes	Code
7/1-6/30	M-F	8:00A-11:00P	\$20/\$20	209126-01

Sports for Youth

GYMNASTICS PARENT & CHILD

Ages 2-4. Child accompanied by a guardian. Creative movement. Min/Max: 10/20. Silas Deane Middle School. No class 2/27

Date	Day	Time	Res/NonRes	Code
1/23-3/19	Sa	9:00-9:45A	\$80/\$95	408220-01
4/2-5/21	Sa	9:00-9:45A	\$80/\$95	508220-01

GYMNASTICS 3 & 4 YEARS OLD

Ages 3-4. For children who can interact with instructors without parent intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24. Silas Deane Middle School. No class 2/27

Date	Day	Time	Res/NonRes	Code
1/23-3/19	Sa	9:50-10:35A	\$80/\$95	408221-01
4/2-5/21	Sa	9:50-10:35A	\$80/\$95	508221-01

GYMNASTICS 3-4 YEARS & KINDERGARTEN

Ages 3-5. For children who can interact with instructors without parent intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24. Silas Deane Middle School. No class 2/27

Date	Day	Time	Res/NonRes	Code
1/23-3/19	Sa	10:40-11:25A	\$80/\$95	408222-01
4/2-5/21	Sa	10:40-11:25A	\$80/\$95	508222-01

GYMNASTICS GRADES K-2

Grades K-2. Includes beginner level skills on all apparatus. Gymnasts will be grouped according to ability. Min/Max: 15/24. Silas Deane Middle School. No class 2/27

Date	Day	Time	Res/NonRes	Code
1/23-3/19	Sa	11:30A-12:15P	\$80/\$95	408223-01
1/23-3/19	Sa	1:00P-1:45P	\$80/\$95	408223-02
4/2-5/21	Sa	11:30A-12:15P	\$80/\$95	508223-01
4/2-5/21	Sa	1:00P-1:45P	\$80/\$95	508223-02

GYMNASTICS GRADES 3-6

Grades 3-6. For beginners to master basic skills on all apparatus. Gymnasts will be grouped according to ability. Min/Max 5/20 Silas Deane Middle School. No class 2/27

Date	Day	Time	Res/NonRes	Code
1/23-3/19	Sa	1:50-2:45P	\$90/\$110	408224-01
4/2-5/21	Sa	1:50-2:45P	\$90/\$110	508224-01

GYMNASTICS INTERMEDIATE

Only by permission of the instructor. For those who have an understanding of the basic skills, can perform a back walkover and who require a longer, more intense practice. Limited space. Min/Max: 5/10. Silas Deane Middle School. No class 2/27

Date	Day	Time	Res/NonRes	Code
1/23-3/19	Sa	1:50-3:20P	\$99/\$120	408225-01
4/2-5/21	Sa	1:50-3:20P	\$99/\$120	508225-01

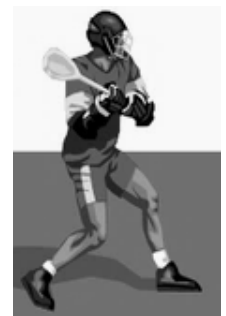
ADVANCED GYMNASTICS

Ages 12+. Advanced gymnasts in preparation for high school varsity level competition. Min/Max: 10/15. Silas Deane Middle School. No class 2/27

Date	Day	Time	Res/NonRes	Code
1/23-3/19	Sa	2:50-4:50P	\$125/\$145	408226-01
4/2-5/21	Sa	2:50-4:50P	\$125/\$145	508226-01

**** NEW YOUTH LACROSSE PROGRAM

Grades K-8. Join the fastest growing sport in the USA – Lacrosse. Girls and boys teams are being formed. Practices and games will be held at Cove Park by the DMV. Players must provide their own equipment (game shirt, shorts, stick, helmet, gloves & pads) and must register with US Lacrosse for a \$25 fee. Practice and games will be held three times a week. Schedules to be announced.



Date	Grade	Time	Res/NonRes	Code
Boys				
4/15-6/15	K-2	5:00-8:00P	\$100/\$125	508263-01
4/15-6/15	3-4	5:00-8:00P	\$100/\$125	508263-02
4/15-6/15	5-6	5:00-8:00P	\$100/\$125	508263-03
4/15-6/15	7-8	5:00-8:00P	\$100/\$125	508263-04
Girls				
4/15-6/15	K-2	5:00-8:00P	\$100/\$125	508264-01
4/15-6/15	3-4	5:00-8:00P	\$100/\$125	508264-02
4/15-6/15	5-6	5:00-8:00P	\$100/\$125	508264-03
4/15-6/15	7-8	5:00-8:00P	\$100/\$125	508264-04

KARATE

Ages 7-16. This "Progressive" program advances from white to black belt. The style is traditional Okinawan Shoring-Ryu, instructed by Sensei Jaye Veley. Learn Kata (a series of techniques in sequence), Kumite (one step sparring), self-defense, control, confidence and respect. Protective head gear and optional uniform not included. Min/Max: 10/20. Silas Deane Middle School.

No class 2/15, 4/11, 4/13 & 5/30.

Date	Day	Time	Res/NonRes	Code
1/13-3/23	M,W	6:00-7:00P	\$80/\$100	408240-01
1/13-3/23	M,W	7:00-8:00P	\$80/\$100	408240-02
3/28-6/8	M,W	6:00-7:00P	\$80/\$100	508240-01
3/28-6/8	M,W	7:00-8:00P	\$80/\$100	508240-02



WETHERSFIELD ELEMENTARY SCHOOLS RUNNING CLUBS

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Keane Foundation 5K on June 5th.
Min/Max: 5/50.

Date	Day	Time	Res/NonRes	Code
Charles Wright				
4/27-6/1	W	2:50-3:50P	\$10/\$10	533040-01
Emerson Williams				
4/26-5/31	Tu	3:15-4:15P	\$10/\$10	533041-01
Hanmer				
4/26-5/31	Tu	3:15-4:15P	\$10/\$10	533042-01
Highcrest (No class 5/27)				
4/22-6/3	F	3:15-4:15P	\$10/\$10	533043-01
Webb				
4/27-6/1	W	3:15-4:15P	\$10/\$10	533044-01

YOUTH TENNIS LESSONS

Ages 7-15. The program will be run by the Newington Tennis Center's certified tennis professional and is designed for both the beginner and intermediate player. It will emphasize tennis fundamentals and proper technique.
Min/Max: 8/10. Newington Tennis Center.
No class 3/27, 5/8, 5/29.

Date	Day	Time	Res/NonRes	Code
1/24-2/28	Su	4:00-5:00P	\$99/\$125	408340-01
3/6-4/17	Su	4:00-5:00P	\$99/\$125	408340-02
4/24-6/12	Su	4:00-5:00P	\$99/\$125	508340-01

DROP-IN YOUTH BASKETBALL/OPEN GYM

Gym programs are normally held in the High School Gym. Public access to the gym is restricted during the WHS renovation project. These programs will resume when the facility becomes available.

AFTERNOON ATHLETES ~ AFTERSCHOOL MINI-MOVERS ~ SUPER ATHLETES PROGRAMS

This is a great opportunity for students to increase their fitness level through participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting activities. Min/Max: 15/30.

Afternoon Athletes at Hanmer with Jonathan Diaz:

Date	Day	Time	Res/NonRes	Code
Grades K-2 (no class 4/13)				
1/20-2/24	W	3:15-4:15P	\$60/\$75	408520-01
3/30-5/11	W	3:15-4:15P	\$60/\$75	508520-01
Grades 3-6 (no class 4/14)				
1/21-2/25	Th	3:15-4:15P	\$60/\$75	408520-02
3/31-5/12	Th	3:15-4:15P	\$60/\$75	508520-02

After School Mini Movers at Emerson-Williams with Jim Coursey

Grades K-2 (no class 2/15 & 4/11)				
1/25-3/7	M	3:15-4:15P	\$60/\$75	408530-01
3/28-5/9	M	3:15-4:15P	\$60/\$75	508530-01
Grades 3-6 (no class 4/13)				
1/27-3/2	W	3:15-4:15P	\$60/\$75	408530-02
3/30-5/11	W	3:15-4:15P	\$60/\$75	508530-02

Super Athletes at Highcrest with Kevin Kobelski:

Grades K-2 (no class 2/15 & 4/11)				
1/25-3/7	M	3:30-4:30P	\$60/\$75	408540-01
3/28-5/9	M	3:30-4:30P	\$60/\$75	508540-01
Grades 3-6 (no class 4/14)				
1/28-3/3	Th	3:30-4:30P	\$60/\$75	408540-02
3/31-5/12	Th	3:30-4:30P	\$60/\$75	508540-02



After School ACHIEVEMENT Program (a.s.A.p)

After School Achievement Programs (a.s.A.p.), sponsored by The Town of Wethersfield Social and Youth Services Department, in collaboration with Silas Deane Middle School, Wethersfield Parks and Recreation Department, the Keane Foundation and the Capital Area Substance Abuse Council, is designed to offer after-school enrichment activities to all interested 7th and 8th grade students at Silas Deane Middle School. The goal of a.s.A.p. is to provide after school leisure time activity exploration and development within the framework of a primary prevention model. a.s.A.p. is a great place to spend time with other students that share your child's interests, make new friends and learn something new.

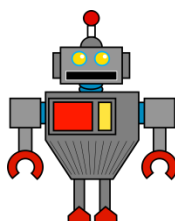
A variety of activities will be available Monday - Thursday during the winter and spring sessions. There will be no after-school activity program on half days, snow days or holidays unless otherwise specified.

If registration places a financial burden on your family, please contact the Department of Social and Youth Services or a SDMS administrator or guidance counselor. Students will not be turned away for lack of program fees.

If you have any questions, please contact Rachael Sunny at 860 721-2977.

ROBOTICS

Grades 7-8. Participate in the energy and excitement of competition robotics. Students will work as a team to design and build a Vex IQ robot. Students will learn to program the robot and add sensors. After building a basic robot, students will design a robot to compete in the Vex IQ Challenge "Bank Shot." Students will use their robot to participate in the Middletown CTEEA Vex IQ Robotics Competition on Saturday 2/27 at Middletown High School. Min/Max: 10/12. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
1/27-3/9	W	2:30-4:30P	\$35/\$35	434197-01

COOKING FOR GUYS & GIRLS

Grades 7-8. Have fun while planning meals, selecting recipes, preparing meals, baking desserts and tasting the finished products. Min/Max: 10/12. Silas Deane Middle School. No class 4/13.



Date	Day	Time	Res/NonRes	Code
1/27-3/9	W	2:30-4:30P	\$45/\$45	434020-01
4/6-5/25	W	2:30-4:30P	\$45/\$45	534020-01

COLORGUARD

Grades 7-8. Are you thinking about clubs at the high school you might join? Is Colorguard one of them? Then join the new SDMS Colorguard Club. Students will learn some of the basic movement and choreography ideas. Min/Max: 10/12. Silas Deane Middle School. No class 4/14.

Date	Day	Time	Res/NonRes	Code
4/7-5/26	Th	2:30-4:30P	\$35/\$35	534017-01

LIGHTS/CAMERA/ACTION

Grades 7-8. **Sponsored in part by the Keane Foundation.** Participate in all the action of a television production as you learn to be a reporter, camera person and a director in seven weeks. Learn how to conduct a television interview, cover stories and produce your own videos. Operate a digital camcorder, shoot footage and edit using iMovie software. No class 4/14.



Min/Max: 6/14. Silas Deane Middle School.

Date	Day	Time	Res/NonRes	Code
4/7-5/26	Th	2:30-4:30P	\$35/\$35	534140-01

SEWING 101 – SLUMBER PARTY

Grades 7-8. Learn the basics of the sewing machine. Techniques for hems, drawstring casings, french seams and more will be taught. Complete a variety of novelty projects such as a pillowcase, lap quilt and PJs. Min/Max: 4/6. Silas Deane Middle School.

Date	Day	Time	Res/NonRes	Code
4/25-5/9	M	2:30-4:30P	\$30/\$30	534060-01

AFTER SCHOOL MEDIA CENTER

Grades 7-8. Do you need help with a project, need to use a computer or looking for a quiet place to do your homework? Ms. Poulos will be in the Media Center after school for assistance. **This service can be used 2:30-3:30P every Monday & Wednesday or on a drop-in basis.** Closed during school vacations, half days and snow days. No fee and no registration is required. Silas Deane Middle School Media Center.

Program does not follow a.s.A.p. schedule

Date	Day	Time	Res/NonRes	Code
1/12-5/27	M,W	2:30-3:30P	FREE	NA

(a.s.A.p continued)

SDMS INTRAMURALS

Grades 7-8. Sponsored by the Keane Foundation. Looking for something fun and free to do after school? Do you like to play basketball, dodgeball, soccer and Frisbee with your friends? If so, sign-up for SDMS Intramurals. Activities run Monday – Thursday from 2:30P – 3:20P (students will be able to take late bus home). Min/Max: 10/40. Silas Deane Middle School.

Winter Sessions - No class 2/15, 2/16, 3/22, 3/23

Date	Day	Time	Res/NonRes	Code
1/25-3/28	M	2:30-3:30P	FREE	434460-01
1/26-3/29	T	2:30-3:30P	FREE	434460-02
1/27-3/30	W	2:30-3:30P	FREE	434460-03
1/28-3/31	Th	2:30-3:30P	FREE	434460-04

Spring - No class 4/11, 4/12, 4/13, 4/14

Date	Day	Time	Res/NonRes	Code
4/4-5/23	M	2:30-3:30P	FREE	534460-01
4/5-5/31	T	2:30-3:30P	FREE	534460-02
4/6-6/1	W	2:30-3:30P	FREE	534460-03
4/7-6/2	Th	2:30-3:30P	FREE	534460-04

Youth Programs

BABYSITTER LESSONS AND SAFETY TRAINING (BLAST)

Ages 11-14. The class will show you how to select safe and suitable games and activities, prevent accidents, perform first aid and begin babysitting safely and competently.

Date	Day	Time	Res/NonRes	Code
2/16	T	10:00A – 4:00P	\$85/\$105	434305-01

FRIDAY NIGHT HANGOUT

Separate nights for Grade 6 and Grade 7. A great opportunity for 6th and 7th graders to hang out with friends and meet new ones. Play basketball, dodgeball, kickball, board games and more on Friday nights twice per month. Min/Max: 10/60. 9/11 Memorial Sports Center Gym.

6th Grade Winter Program meets: 1/29, 2/12, 2/26, 3/11

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$12	434505-01

6th Grade Spring Program meets: 4/1, 4/22, 5/6, 5/20

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$12	534505-01

7th Grade Winter Program meets: 2/5, 2/19, 3/4, 3/18

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$12	434505-02

7th Grade Spring Program meets: 4/8, 4/29, 5/13, 5/27

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$12	534505-02

Youth Sports Leagues

Eagles Football & Cheerleading (Parks & Recreation) Flag FB ages 6-12. Tackle FB & cheerleading ages 7-14. Register in spring for fall at www.wethersfieldyouthfootball.org

Wethersfield Basketball Association (Independent) Recreational basketball for grades 3-8. Register in October for winter programs.

Wethersfield Basketball-Travel (Independent) Travel teams for Grades 5-8. Register & tryout in September for winter.

Wethersfield GDR Soccer Club (Independent) Year round soccer for ages 6-18 (K-12). www.wethersfieldsoccer.com

Wethersfield Little League (Independent) Baseball and softball for ages 6 to 15. Register in January for spring. www.wethersfieldlittleleague.org

Wethersfield Wrestling Club (WHS Athletics) Wrestling for boys and girls grades 1-8. Register in October for winter. www.leaguelineup.com/wethersfieldwrestling

Central CT Youth Hockey Association (Independent) Learn to skate & play hockey for ages 3 & up. Contact Mike Deegan Mikedhockey@gmail. or www.centralcthockey.org



Wethersfield Senior Center

The Wethersfield Senior Center operates within the Pitkin Community Center serving seniors 55+. The Center offers social, educational, entertainment, health and wellness programs. Annual memberships are \$5 for Wethersfield residents and \$7 for non-residents. Program information can be found in the monthly newsletter, on-line at wethersfieldct.gov on the Social Service page, and in the Rare Reminder on the last Thursday of each month. For more information contact Senior Center Coordinator, Lisa Galipo at 860-721-2979. For weather cancellations, please watch WFSB, Channel 3.

AARP SMART DRIVING COURSE

Refresh your driving skills and qualify for at least a 5% reduction in car insurance premiums. Registration is required by contacting Lisa.

Date	Day	Time	Fee
3/14, 6/13	Mon	8:30A-12:30P	\$15 or \$20

AARP FOUNDATION TAX-AIDE

Free tax preparation assistance available to low and middle-income taxpayers of all ages, with special attention to those 60 and over. Call 860-721-2977 for an appointment and information about documents required.

Date	Day	Time	Fee
2/10-4/13	Wed	By appointment	Free

CHORAL GROUP

Here is your chance to sing with other seniors in the choral group, the Rhythmairs. The group practices and performs for many community groups upon request. Drop-ins welcome.



Date	Day	Time	Fee
1/14-6/23	2 nd & 4th Th/m	1:30-2:30P	Free

ENTERTAINMENT EVENTS

Musical entertainment showcasing local talent. Coffee and snacks served. Admission-\$2 for SC members; \$4 non-members. No pre-registration required.

Date	Day/Time	Performer
1/4	Mon/1P	David Devonshuk's Elvis Show
2/1	Mon/1P	Lillis & Dickson, Piano/Vocal Duo
3/7	Mon/1P	Tom Callinan, Irish Troubadour
4/4	Mon/1P	The Willie & Jan Band
5/2	Mon/1P	Joseph Reed, Singer/Songwriter
6/6	Mon/1P	Lanzieri & Dave/Rat Pack Standards

INFORMAL CARD & BOARD GAME GROUP

Join this group that plays informal setback or bring your friends and start your own game. Drop-ins welcome.

Day	Time	Fee
Every Tue beginning 2/9	1:15P	Free

MAH JONGG

Enjoy this fascinating ancient rummy-like game. Looking for new players. Instruction available for beginners.

Date	Day	Time	Fee
1/5-6/30	Tu/Th	10A-1P	Free

MINI MANICURES

Sit back and relax while a volunteer files, buffs and polishes your nails (no cutting). Ladies only. Manicure is free. Registration is required by contacting Lisa.

Date	Day	Time
2/17, 4/20, 5/18, 6/15	Wed	10A-12P

WEEKLY MOVIES

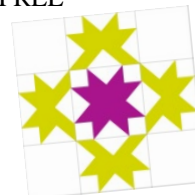
Watch blockbusters and vintage classics. Movie titles announced monthly in the newsletter and the Rare Reminder.

Date: Every Monday, except the 1st Monday of each month, beginning Mon., 2/8 **Time-** 1P **Fee-FREE**

RED ONION SENIOR QUILTERS

Share your love of quilting and sharpen your skills. All skill levels welcome. The group shares quilting techniques, works on a 'block of the month' and quilts for sick children.

Drop-ins welcome.



Date	Day	Time	Fee
2/22, 3/21, 4/18, 5/16, 6/20	Mon	10-11:30A	Free

WII BOWLING

Join the champion Wii bowlers in league and practice play. The team competes against rival senior center teams.

Drop-in's welcome.

Date	Day	Time	Fee
2/9-6/30	Tu/Th	1-3P	Free

BINGO

Weekly bingo held in the banquet room. Arrive early for snacks. Fee includes admission, snack and one bingo card. Extra cards are 25 cents.

Day	Time	Fee
Every Wed.	12:30P	\$1.50

DUPLICATE BRIDGE

Join the group playing most weeks in the Community Café. Partners needed. Knowledge of the game is necessary. For more info and dates of play contact Everett Costa at 860-563-0400.

Day	Time	Fee
Most Thursdays	1:15P	Free

GOLF LEAGUE

Join the golf league which plays summer and fall at Goodwin Park. For more information contact Jim McNamara at 860-563-4586.



NEEDLEWORK CRAFTS

Create knitted items and needlework crafts to be sold during the annual fundraiser for the bingo group. For more information contact Pam Silva at 860-721-6267.

Day	Time	Fee
Every Mon.	9:30-11:30A	Free

SETBACK

Join our friendly setback group. Everyone is welcome including singles and partners, beginners and experienced players. Arrive early at 11:30A for free coffee, tea and pastry. For more information contact Joe or Claire at 860-258-0662.

Day	Time	Fee
Every Fri.	12:15P	\$1 SC member/\$2 non-mem

WORKSHOP

Fri., 4/8-29—1pm “Safer Transitions In Care”

We have all read about safety concerns in hospitals. It is common knowledge hospitals can make you sick. That is why it is vital all seniors learn how to protect themselves in a hospital setting. This workshop is a four-session educational program that will teach you how to stay safe in the hospital and as you transition home. It will be taught by Cynthia Ross Richardson, MS, BSN, RN, CNOR. Cynthia has worked in hospital settings for years and is personally committed to patient safety. The four sessions will cover: Getting Ready for your Hospital Stay, Road Map to Safe Hospital Care, Basics of Safe Surgery and Safe Recovery. Don't miss this important program. Registration is required by contacting Lisa. Registration limited to 10. **Fee:** \$10 for cost of manual.

NEW--FRIDAY FEATURES!

TRAVEL TO AFRICA WITH RITA

Broaden your horizons as Rita Wagener educates and entertains as she talks about her extensive travels throughout Africa. She will talk about the fashion, arts and crafts and traditions of many African countries, bring artifacts from different countries and demonstrate the unique dance and musical traditions of the region. This is a lively and fun presentation. Registration is required by contacting Lisa.

Date	Day	Time	Fee
3/18	Fri	10:30A	\$5

APRIL FOOL'S COMEDY OF SARA SHEA

We all know laughter is good for us but comedy clubs are not often on our list of places to visit. This is your chance to see a live comedian. Celebrate April Fools' Day and enjoy the clean, family-friendly stand-up comedy of Sara Shea from Avon. Registration is required by contacting Lisa.

Date	Day	Time	Fee
4/15	Fri	10:30A	\$5

COME HULA WITH ME!

Learn about Polynesian culture and Hawaiian and Tahitian dance as we are entertained by the beautiful, Tiare Kahana, a professional hula dancer. Registration is required by contacting Lisa.



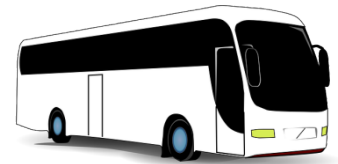
Date	Day	Time	Fee
5/27	Fri	10:30A	\$5

SENIOR CAFÉ / CRT LUNCH PROGRAM

Monday through Friday at the Pitkin Community Center. Suggested donation: \$2.50 for ages 60+. Fee: \$5.00 for under age 60. To make a reservation, call 860-721-2955 one day ahead, between 10:00A-12:00P. Contact Social & Youth Services at 860-721-2977 with any questions.

BUS TRIPS

The following trips are planned through Friendship Tours. Call Lisa at 860-721-2979 for information and registration. Prices are all inclusive.



Trip & Fee

Tue., 5/24—The Will & Anthony Show. From Broadway to Italy to the Aqua Turf, enjoy the music of identical twins, Will & Anthony Nunziata. They will entertain us with pop standards, showstoppers and classical Italian music. The two have strong voices, undeniable charm, brassy comedy and wonderful stage presence. Cost \$89/pp for meal & show.

Sun., 6/26—Spamalot. You have seen this hilarious show advertised. See it in person at the Stageloft Theatre in Sturbridge, MA. Enjoy a delicious meal at the Salem Cross Inn. Cost \$78/pp.

Tue., 7/12—All You Can Eat Lobster & Show. Many of you asked for it, now join us for all-you-can-eat lobster at the Delaney House in Holyoke, MA. Enjoy a musical performance by tenor, Michael McGeehan who recently headlined in Atlantic City. Cost \$92/pp.

Tue., 9/13-Thur, 9/15—Samson. Join us for our first overnight trip. See the show “Samson” at the Sight & Sound Theatre in Lancaster, PA. Trip includes 2 nights in the Cork Factory Hotel in Lancaster, a guided Amish tour and shop at Kitchen Kettle Village with its 42 shops and restaurants and much more. Cost \$429/pp double occupancy hotel for 2 nights, 2 breakfasts, 2 dinners, sightseeing and admissions. (Only 10 seats available.)

HEALTH SCREENINGS

Blood Pressure Screenings – 2nd Wed. of each month, 10:30-11:30A sponsored by Ellis Manor, the 4th Thursday of each month, 12:30-1:30P sponsored by Cedar Mountain Commons. Walk-in's welcome. There will be NO screenings in the month of January.

Blood Sugar Screenings – Fri., 2/12, 3/11, 4/8, 5/13, 6/10 from 11A-12P sponsored by Apple Rehab.

Dental Cleaning Clinics – Thur., 2/18 and Fri., 2/19. Sponsored by Central CT Health District and performed by professional hygienist. Open to those 60+ years old and resident of Wethersfield, Rocky Hill, Newington and Berlin. Attendance limited to one clinic per year. Call 721-2979 for appt.

Foot Care – 1/6, 2/12 & 23, 3/4 & 22, 4/1 & 19, 5/6 & 23, 6/3 & 29. Includes cleaning, filing, trimming, reducing corns and calluses by RN. Seniors only. No diabetics. Fee: \$29. Registration is required by calling Lisa.

Hearing Screenings – Mon., 4/18 provided by the Hearing Wellness Center. Registration is required by contacting Lisa.

Senior Center Classes

TAI CHI QIGONG

Ages 55+. Class includes movements from T'ai Chi Chuan along with an ancient healing system. The program has physical, mental and emotional benefits including improved flexibility, strength, balance and mental focus. Mindfulness, meditation and accupressure are all incorporated.

Min/Max: 6/45. Pitkin Community Center.



Date	Day	Time	Res/NonRes	Code
1/21-5/19	Th	11:00A-12:00P	\$36/\$36	436250-01

CHAIR YOGA

Ages 55+. Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated or standing. Experience the benefits of yoga including increased flexibility, strength and relaxation. Register for both Monday and Thursday for \$60. Min/Max: 10/45.

Pitkin Community Center. No class 2/15.

Date	Day	Time	Res/NonRes	Code
1/25-5/9	M	11:30A-12:30P	\$30/\$30	436235-01
1/21-5/19	Th	2:00-3:00P	\$36/\$36	436235-02

Register for Monday and Thursday for only \$60

MOVIN' TO THE MUSIC

Ages 55+. Dance exercise to the music of the 50s, 60s, golden age of Rock 'n Roll, movie musicals and Broadway. This class is for active adults seeking a fun way to fitness. You will be transported to the hop and groove to classic oldies. This class will put you in a good mood and let you dance away your aches and pains. Min/Max: 6/45.

Pitkin Community Center. No class 2/15, 3/14, 3/21.

Date	Day	Time	Res/NonRes	Code
2/1-5/16	M	10:30-11:15A	\$26/\$26	436230-01

BELLY DANCING

Ages 55+. Learn this artful and graceful dance native to the Middle East. This low impact, weight bearing exercise is fun and helps firm and tone muscles. The music is entrancing and will spark your creativity. Min/Max: 6/30.

Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
4/14-6/9	Th	1:15-2:15P	\$18/\$18	536095-01



GOOD LIFE FUNCTIONAL FITNESS

Ages 55+. This structured exercise group is run by a professional exercise physiologist. The 12-week program includes two 45-minute sessions each week that will help maintain functional mobility and strength through a series of progressive exercise routines that focus on improving posture, balance, agility and strength. Min/Max: 6/15.

Pitkin Community Center.



Date	Day	Time	Res/NonRes	Code
1/25-4/18	M,W	1:45-2:30P	\$30/\$30	436240-01

ART & MINDFULNESS

Ages 55+. Enhance your creativity, mental focus and inner peace in the midst of today's chaos and uncertainty. Science confirms that practicing mindfulness leads to greater fulfillment in life, healthier relationships and more energy. Relax and enjoy the possibilities when we merge mindfulness and art in this class. All levels of ability welcome. Instructor, Denise Gander will offer a balance of artistic freedom and art instruction allowing students to practice freehand art or use an adult coloring book. Min/Max: 5/20.

Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/21-5/19	Th	9:30-10:30A	\$36/\$36	436003-01

PAINTING

Ages 55+. Explore your artistic side in this water-based painting class taught by retired art teacher and artist Faye Ahlberg. Beginners and those with painting experience welcome. Students are free to use multiple mediums.

Min/Max: 3/15. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
2/16-5/17	Tu	10:00-11:30A	\$28/\$28	436020-01



Computer Learning Center

The Computer Learning Center is here to empower you for the computer age. Classes are small so each student can work on a computer and practice skills. Manuals and computer lab time for practice is available. Volunteer staff also provides one-to-one assistance with hardware and software on request. Registration required for all programs. For information call Lisa at 860-721-2979 or go to wethersfieldcllc.org.

FACEBOOK

Wish you were on Facebook but not sure how to get there? See what your family and friends are up to. Bring your tablet or laptop and learn about Facebook. Set up an account and join the fun.



Date	Day	Time	Fee	Code
3/14	Mon	12:30-3:00P	\$10	437115-01

MOUSE SKILLS

It is very normal to feel uneasy when you try to use a mouse for the first time. In this workshop learn to use the mouse and feel adept using it as you work with your computer.

Date	Day	Time	Fee	Code
4/4	Mon	12:30-3:00P	\$10	537305-01

TOUCHSCREEN SKILLS

Windows 10 supports touchscreen technology. Learn to use the touchscreen to tap, double-click, right-click, drag and scroll. Learn to zoom in and out, rotate, use the onscreen keyboard and change tab speeds.

Date	Day	Time	Fee	Code
4/5	Tue	12:30-3:00P	\$10	537840-01

WINDOWS 10 OVERVIEW

This workshop is for new users of Windows 10, Microsoft's latest operating system, those considering upgrading their PC to Windows 10 and those planning to purchase a new Windows 10 computer. Use a tutorial from the free learning site GCFLearnFree.org. Take a brief look at how Windows 10 differs from its predecessors and how to use this version. Tips are provided for personalizing your desktop, managing windows and discuss user accounts and security features.

Date	Day	Time	Fee	Code
4/1	Fri	10:00A-12:00P	\$10	537720-01

WELCOME TO WINDOWS 10



Concerned about working with Windows 10? Learn to work with the Windows 10 desktop, open and close apps and have fun using the calculator, help and support, weather, news and solitaire apps.

Date	Day	Time	Fee	Code
4/12&14	T/Th	10A-12P	\$20	537860-01

WORD PAD

Having trouble writing and editing emails? Learn how to work the computer's Word Pad App to compose and edit a document. Learn how to save and copy to email and learn or sharpen your word processing skills.

Date	Day	Time	Fee	Code
4/19&21	T/Th	12:30-3:00P	\$20	537890-01

IPHONE FOR NEW USERS I

Smartphones are powerful and useful. Apple's iPhone is one the easiest to learn and use. This workshop is for the new user of an iPhone 4, 5, or 6. Participants will learn about the home screen and how to make and receive calls. Participants will review "settings" and learn to customize their phones and connect to WiFi. Bring your fully charged iPhone.



Date	Day	Time	Fee	Code
4/11	Mon	12:30-2:30P	\$10	537235-01

IPHONE FOR NEW USERS II

This workshop is a continuation of iPhone for New Users I and gets into more detail on texting, taking and sharing photos, creating and using contact lists. Learn how to get emails on your phone. Bring your fully charged iPhone.

Date	Day	Time	Fee	Code
4/18	Mon	12:30-2:30P	\$10	537236-01

IPHONE INTERMEDIATE

Have you been using your iPhone for a while to make calls, text and take photos, but want to know what else your phone can do? Learn to use the calendar for scheduling events. There is an introduction to the world of apps, including how to search and download apps. Bring your fully charged iPhone.

Date	Day	Time	Fee	Code
4/25	Mon	12:30-2:30P	\$10	537240-01

IPAD BEGINNERS

Ages 40+. Did you recently receive an iPad and are not sure how to begin using it? This four-session course will help you start using your iPad with iOS9. Topics to be covered include basic iPad operations, email and surfing the web. Text included. Min/Max: 2/10. Pitkin Community Center.



Date	Day	Time	Res/NonRes	Code
3/1-3/10	Tu,Th	9:30A-12:00P	\$40/\$40	437205-01

IPAD INTERMEDIATE

Ages 40+. This four-session class, for people who already know the basic iPad operations, will cover organization of your desktop, texting, photos, video, ebooks and working with a variety of pre-installed and purchased apps. Fee includes text. \$5 discount for iPad Beginner class graduates. Min/Max: 2/10. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
3/22-3/31	Tu,Th	9:30A-12:00P	\$40/\$40	437207-01

(CLC classes continued)

NOOK eREADER/NOOK SAMSUNG TABLET

Even if you like reading paper books, eReaders and tablets are great for storing a library of great reading. Barnes & Noble's Nook helps you to keep up with all your favorite books and magazines. Learn how to search, download and store books. Nook users are required to register their devices with Barnes & Noble in order to download books and must be completed before taking this workshop. Bring your fully charged Nook.

Date	Day	Time	Fee	Code
5/9	Mon	12:30-2:30P	\$10	537107-01

TRAVELING THE WORLD WIDE WEB

There is a whole world on the Internet. This is a 2-session class for those who know a bit about browsing the Internet but want more help with surfing and searching for information. The second session will concentrate on security concerns and shopping online.

Date	Day	Time	Fee	Code
5/16&18	M/W	12:30-2:30P	\$20	537190-01

KEEPING IN TOUCH WITH EMAIL

Email is a great way to stay in touch with friends and family. Participants will use their own email accounts during this 2-session class that starts off with the basics including creating, sending, and receiving emails. Learn how to manage junk messages in your mailbox. The second session will concentrate on sending files and photos and creating an address book and lists.



Participants must bring their log-on and password information to be able to access their email accounts on the computer lab's laptops or they may bring their own laptops.

Date	Day	Time	Fee	Code
5/23&25	M/W	12:30-2:30P	\$20	537100-01

CUSTOMIZE YOUR SETTINGS IN WINDOWS 10

Now that you have been using Windows 10, you may want to see the changes you can make to better suit your style. Learn how to customize your computer, including changing the background photo, font size and volume.

Date	Day	Time	Fee	Code
6/6	Mon	12:30-2:30P	\$10	537705-01

PHOTOS, VIDEO & MUSIC Learn how to open, view, edit, print and save photos in the Windows 10 Photo app. Become acquainted with the Movies and TV app and listen to music using Windows Media Player.

Date	Day	Time	Fee	Code
6/7 & 9	T/Th	9:30A-12:00P	\$20	537725-01

Gift Certificates Available

The Parks and Recreation Department has gift certificates available in any denomination



Wethersfield Teen Theater Company

Open to anyone 11-22 years old. This program provides an opportunity to learn about theater by taking responsibility for the business and creative aspects of running the theater company and producing a summer musical.

Once Upon a Mattress is the upcoming show for production in July 2016. Auditions for this show will be held in the spring. Contact Parks & Recreation for more information.



ONCE UPON A MATTRESS
Music by Lyrics by
MARY RODGERS MARSHALL BARER
Book by JAY THOMPSON, DEAN FULLER
and MARSHALL BARER

9/11 Memorial Sports Center

Located in the Pitkin Community Center at 30 Greenfield Street. Includes gym, fitness room and meeting room with wireless internet access. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the World Trade Center. The Keane Foundation and Parks & Recreation offer many programs in this facility. Meeting room and gym may be rented. Adults can use the gym for walking at no cost on Mon. Wed. Fri. 8:00-9:00A.

ABOUT THE KEANE FOUNDATION

Friends and family of Dick Keane established The Richard M. Keane Foundation to honor his memory and to perpetuate his commitment to enriching the lives of the youth in Wethersfield. The Foundation's purpose is to provide a safe and fun environment in which the community of Wethersfield can come together to participate in athletic, academic, and social programs with the support and guidance of caring adults. Find out more at www.keanefoundation.org.

KEANE AFTER SCHOOL PROGRAM

Grades 3-6. Join friends for supervised open gym, computer and SmartBoard instruction and homework help in this after school enrichment program. Try new things, meet new friends and have fun. The Keane Foundation provides transportation from Wethersfield public elementary schools to the 9/11 Memorial Sports Center. There will be no make-up days for any cancellations. Min/Max: 4/45. Pitkin Community Center. No class 2/15, 2/16, 4/11, 4/12.

Date	Day	Time	Res/NonRes	Code
2/1-3/14	M	3:00-5:30P	\$30/\$40	433001-01
2/2-3/15	Tu	3:00-5:30P	\$30/\$40	433001-02
3/28-5/9	M	3:00-5:30P	\$30/\$40	533001-01
3/29-5/10	Tu	3:00-5:30P	\$30/\$40	533001-02

9/11 CENTER SATURDAY OPEN GYM

Grades K-8. Supervised open gym time for pick-up basketball and other activities. Schedule: Grades K-3 meet 10:30A -12:00P – (parents welcome); Grades 4-6 meet 12:30P -2:00P; Grades 7-8 meet 2:00P - 3:30P. Registration is preferred but not required. Min/Max: 4/50. Pitkin Community Center. Closed: 12/26, 1/2, 2/13, 3/26.

Date	Day	Time	Res/NonRes	Code
11/7-4/2	Sa	10:30A-3:30P	Free	305140-01

VACATION GYM DAY WEDNESDAY APRIL 13

2-12 years old. Fun filled day of games, sports and activities at the 9/11 Memorial Sports Center. Donation: \$1.00 at the door. Schedule:

9:00 -10:00 A	2 to 4 year olds with parent
10:30A -12:00 P	5 to 7 year olds
1:00 – 3:00 P	8 to 12 year olds.

**Call the Community Center office at 860-721-2950
in April to reserve your spot!**

Fitness for Adults

FITNESS 101

Ages 12+. Instruction on use of fitness room machines is by appointment only - please call 860-721-2950 to schedule. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/19-3/24	M-F	8:00A-9:00P	\$6/\$10	405031-01
3/28-6/10	M-F	8:00A-9:00P	\$6/\$10	505031-01

FITNESS ROOM PASS

Ages 12+. Open Monday-Friday: 8:00A-2:00P and Monday -Thursday 5:00-9:00P. Fitness equipment includes treadmills, stationary bikes, ellipticals, dumbbells, medicine balls and floor mats. Min/Max: 1/200. Pitkin Community Center. Closed 2/15, 3/25, 5/30.

Date	Day	Time	Res/NonRes	Code
1/19-3/24	M-F	8:00A-9:00P	\$20/\$25	405030-01
3/28-6/10	M-F	8:00A-9:00P	\$20/\$25	505030-01

INTERVAL TRAINING

Ages 16+. High Intensity! Focus on endurance training, strength training and all-over body toning. Modifications will be made to different fitness levels. Min/Max: 10/26. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/19-3/17	Tu,Th	5:15-6:00A	\$48/\$56	405045-01
1/19-3/17	Tu,Th	6:15-7:00A	\$48/\$56	405045-02
3/29-5/26	Tu,Th	5:15-6:00A	\$48/\$56	505045-01
3/29-5/26	Tu,Th	6:15-7:00A	\$48/\$56	505045-02

MUSCLE CHALLENGE WITH DANIELLE

Ages 16+. 45 minutes of strengthening and toning all major muscle groups using various equipment in an interval style workout. Equipment provided. Min/Max: 14/40. Pitkin Community Center. No class 2/15.

Date	Day	Time	Res/NonRes	Code
1/20-3/16	M,W	9:00-9:45A	\$45/\$53	405020-01
3/28-5/25	M,W	9:00-9:45A	\$50/\$58	505020-01

SENIOR MUSCLE CHALLENGE WITH DANIELLE

Ages 50+. 45 minutes of specially designed strengthening and toning for seniors. Tone all major muscle groups using various equipment that will be provided. Min/Max: 14/40. Pitkin Community Center. No class 2/15.

Date	Day	Time	Res/NonRes	Code
1/20-3/16	M,W	10:00-10:45A	\$45/\$53	405020-03
3/28-5/25	M,W	10:00-10:45A	\$50/\$58	505020-03

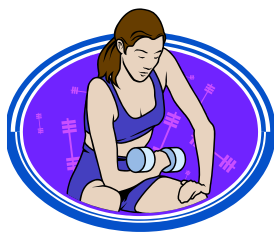
MUSCLE TONE WITH SUE

Ages 16+. 45 minutes of strengthening and toning all major muscle groups using various equipment that will be provided. Min/Max: 14/40. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/19-3/15	Tu	6:00-6:45P	\$33/\$38	405020-02
3/29-5/24	Tu	6:00-6:45P	\$33/\$38	505020-02

TOTAL BODY WITH JO

Ages 16+. Strength training class targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio into movements intended to help tone all major muscles. Min/Max: 14/35. Pitkin Community Center. No class 2/15.



Date	Day	Time	Res/NonRes	Code
1/20-3/16	M,W	5:30-6:15P	\$40/\$48	405020-04
3/28-5/25	M,W	5:30-6:15P	\$48/\$56	505020-04

ZUMBA GOLD® WITH SHERYL

Ages 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner and/or people who are not used to exercising, or who may be limited physically. The main difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a lower intensity. The same great Latin and international styles of music and dance are used. Min/Max: 14/35. Pitkin Community Center. No class 3/31.

Date	Day	Time	Res/NonRes	Code
1/26-3/17	Tu,Th	8:30-9:20A	\$40/\$48	405007-01
1/26-3/17	Tu,Th	5:00-5:50P	\$40/\$48	405007-02
3/29-5/26	Tu,Th	8:30-9:20A	\$42/\$50	505007-01
3/29-5/26	Tu,Th	5:00-5:50P	\$42/\$50	505007-02

ZUMBA® WITH NANCY

Ages 16+. Aerobic workout with a Latin-dance twist. Zumba fuses hypnotic Latin and international rhythms and easy to follow moves to create a dynamic fitness program. Min/Max: 14/35. Pitkin Community Center. No class 2/15, 3/31

Date	Day	Time	Res/NonRes	Code
1/19-3/17	Tu,Th	9:30-10:25A	\$45/\$53	405006-01
1/20-3/16	M,W	6:30-7:30P	\$40/\$48	405006-02
3/29-5/26	Tu,Th	9:30-10:25A	\$43/\$51	505006-01
3/28-5/25	M,W	6:30-7:30P	\$45/\$53	505006-02

ZT30 WITH CINDY

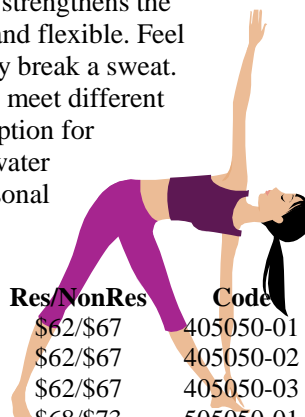
Ages 16+. ZT30 is 30 minutes of Zumba Toning followed by 30 minutes of Zumba. Zumba fuses hypnotic latin and international rhythms and easy to follow moves to create a dynamic fitness program. Min/Max: 14/35.

Location varies by session, see below

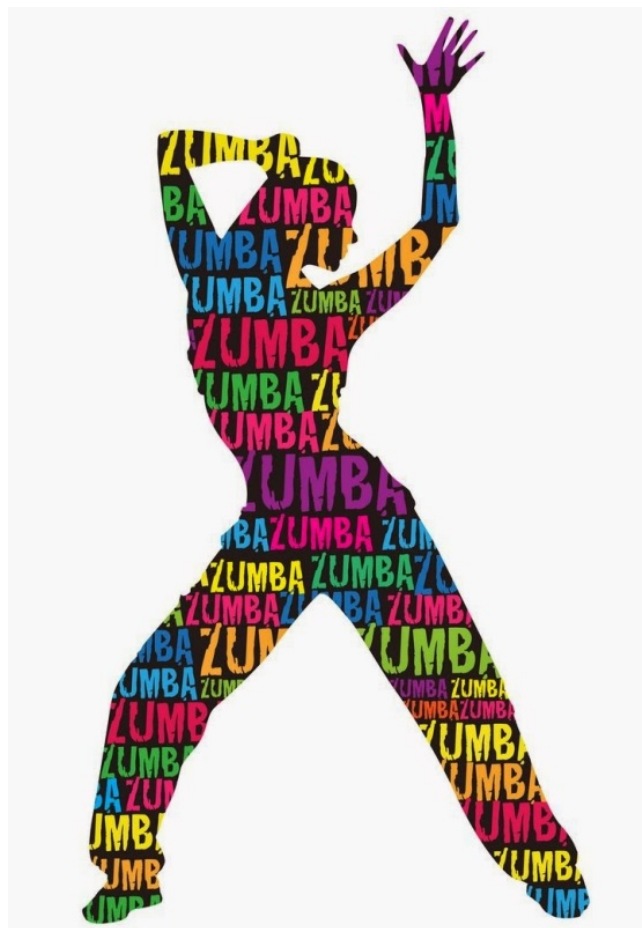
Date	Day	Time	Res/NonRes	Code
<i>Winter held at Wicked Z Dance & Fitness</i>				
<i>412 Cromwell Ave Rocky Hill (Rte 3)</i>				
1/21-3/17	Th	6:00-7:00P	\$35/\$42	405009-01
<i>Spring held at Community Center</i>				
3/31-5/26	Th	6:00-7:00P	\$35/\$42	505009-01

POWER-UP PILATES

Ages 16+. Pilates is designed to strengthen core muscles, including the abdominals and glutes, while lengthening and maintaining loose, limber limbs. It strengthens the body while keeping joints mobile and flexible. Feel your muscles working and probably break a sweat. The exercises provide variations to meet different body types making it an exercise option for everyone. Bring a mat, towel and water bottle to class. Instructor from Personal Euphoria Pilates Min/Max: 10/17. Pitkin Community Center.



Date	Day	Time	Res/NonRes	Code
1/19-3/15	Tu	5:30-6:15P	\$62/\$67	405050-01
1/19-3/15	Tu	9:00-9:45A	\$62/\$67	405050-02
1/21-3/17	Th	9:00-9:45A	\$62/\$67	405050-03
3/29-5/31	Tu	5:30-6:15P	\$68/\$73	505050-01
3/29-5/31	Tu	9:00-9:45A	\$68/\$73	505050-02
3/31-6/2	Th	9:00-9:45A	\$68/\$73	505050-03



YOGA WITH LISA

Ages 16+. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. Yoga breathing exercises, called Pranayama, benefits the entire body. Physical activity is good for relieving stress, and this is particularly true of yoga.

Min/Max: 8/20. Pitkin Community Center. No class 2/15.

Date	Day	Time	Res/NonRes	Code
Basic				
1/21-3/17	Th	5:45-7:00P	\$58/\$63	405080-02
3/31-5/26	Th	5:45-7:00P	\$58/\$63	505080-02
Intermediate				
1/25-3/14	M	6:00-7:15P	\$45/\$50	405080-01
3/28-5/23	M	6:00-7:15P	\$58/\$63	505080-01

RIVER ROCK YOGA WITH SANDY BYRNE

Ages 16+. Bring a yoga mat and comfortable clothes.

Min/Max: 1/6. River Rock Yoga Studio, 274 Silas Deane Highway, Wethersfield.

Yoga Basics: Perfect for those who are stressed, inflexible or have never done yoga before. Learn basic postures, breathing and meditation for stress relief. This is a great introduction to yoga. No class 5/30.

Date	Day	Time	Res/NonRes	Code
1/25-2/29	M	6:00-7:15P	\$50/\$60	405081-01
3/5-4/9	Sa	10:30-11:45A	\$50/\$60	405081-02
5/2-6/13	M	6:00-7:15P	\$50/\$60	505081-01

Gentle Restorative Yoga: A guided yoga practice designed for all ages and body types; perfect for those seeking stress relief or more ease and flexibility in the body. Modifications and props are offered to ensure comfort and support. Movement is soft and slow paced with focus on deeply nourishing the body and breath. Leave with awareness and presence of your inner peace and bliss.

Date	Day	Time	Res/NonRes	Code
3/27-5/1	Su	5:30-6:45P	\$50/\$60	405082-01

All Levels Hatha Yoga: This class combines postures and breathing to encourage awareness, strength, flexibility and relaxation. Modifications are given so you attain a stronger or gentler practice, whatever your body needs. Whether yoga is new to you or something you do daily, find respite from daily stress while feeling better in your body.

Date	Day	Time	Res/NonRes	Code
1/26-3/1	Tu	9:15-10:30A	\$50/\$60	405083-02

Happy Hour Power Fridays: Join us after work for an introduction to power yoga class relieve achy shoulders, stiff neck and sore backs. Leave feeling great, able to rest better and get the most out of your weekend. Release stress and toxins garnered from the week and deepen your practice. Learn the basics of this challenging style and take your practice to another level. Class incorporates core work, vinyasa flow, sitting and standing sequences, hip openers, back bends, inversions and breath work

Date	Day	Time	Res/NonRes	Code
5/6-6/10	F	6:00-7:15P	\$50/\$60	505084-01



Sports for Adults

MEN'S AND WOMEN'S PICK-UP BASKETBALL ADULT AND TEEN CO-ED VOLLEYBALL

Adult and teen gym programs are normally held in the high school gym. Public access to the gym is restricted during the WHS renovation project. These programs will resume when the facility becomes available.

ADULT TENNIS LESSONS

Ages 16+ The program is taught by the Newington Tennis Center's certified tennis professional and is designed for the beginner player. Min/Max: 8/10. Newington Tennis Center.

Date	Day	Time	Res/NonRes	Code
1/25-2/29	M	6:00-7:00P	\$120/\$150	408341-01
3/7-4/11	M	6:00-7:00P	\$120/\$150	408341-02
4/18-5/23	M	6:00-7:00P	\$120/\$150	508341-01

TIPS - Tactical Information for Practical Self-Defense

Ages: 13+ "TIPS" will provide potentially lifesaving techniques from the most common assaults or threats. Numerous other "TIPS" will also be shared. Sensei Jaye Veley, of the Karate Program has assembled and simplified the most effective techniques to protect you from unwelcome aggressions. Short, intense, interactive sessions will give you knowledge and confidence without long term commitments. Min/Max: 5/12. Silas Deane Middle School

Date	Day	Time	Res/NonRes	Code
1/19-2/9	Tu	7:00-8:30P	\$65/\$80	408252-01
2/23-3/15	Tu	7:00-8:30P	\$65/\$80	408252-02

Aquatics

BACKMAN POOL

AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Open 1/5-5/1. Proof of age and residency (e.g. driver's license) required for admission. Non-residents and guests must be accompanied by a resident adult. Groups of 6+ must notify Parks & Recreation prior to their event.

Daily Admission: Adult \$3, Child (under 18) \$1, or Season Pass (see below).

Adult Swim:
Tuesday 6:30-7:15A
Tuesday 8:30-9:30P
Thursday 6:30-7:15A
Thursday 8:30-9:30P

Recreational Swim:
Tuesday 7:30-8:30P
Thursday 7:30-8:30P
Friday 7:30-9:30P

Adult swimmers must be age 18+. Recreational swimmers age 11 or less must be accompanied by a swimmer age 18+.

Season Pass: Provides residents unlimited admission and may be used in Newington and Rocky Hill. Purchase online, by mail-in registration or at Parks & Recreation. Passes will not be sold at the pool. Daily admission cannot be credited toward purchase of a pass. A pass is required for swim lessons.

Family \$55: Available to 2 adults and any children living in the same household. Additional adult(s) living in the household must purchase an individual or family pool pass. Please remember to list all family members.

Individual \$35: Available to resident adult or child.

SPECIAL INSTRUCTIONS FOR SWIM LESSONS

Registration deadline for winter is Friday, 1/22 at 8:00A online, and 4:30P in the Parks & Recreation Office. Class will not be held on 2/13.

Registration deadline for spring is Friday, 4/1 at 8:00A online, and 4:30P in the Parks & Recreation Office.

Classes will not be held on 4/9 & 4/16. Swim lessons are available to residents only. All classes use the American Red Cross program. Classes are held at the Backman Pool at Wethersfield High School. **Instructors may re-assign level placement based on skills and availability.**

Season pool pass is required (see above). For online registration, register for an individual or family season pool pass first and then register for the swim lesson.



SWIM LESSONS PARENT/CHILD

Ages 18 months-3 years. For children not yet ready to be in swim lessons without a parent. The program is designed to familiarize young children to the water and prepare them to learn to swim. Min/Max: 5/20. Wethersfield High School. Some skills include: Exit and enter the water in a safe manner. Feel comfortable in the water. Explore submerging to the mouth, nose and eyes. Explore buoyancy on the front and back position. Explore submerging in a rhythmic pattern. Glide on front and back with assistance. Combine stroke on front and back with assistance.

Date	Day	Time	Res	Code
1/23-3/19	Sa	9:00-9:40A	\$20/NA	401020-01
4/2-6/11	Sa	9:00-9:40A	\$20/NA	501020-01

SWIM LESSONS PRE-SCHOOL

Prerequisite: Ages 4-5 or age 3 and completed Parent/Child Aquatics. This class is designed to orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. Min/Max: 4/6. Wethersfield High School.

Skills: Enter and exit the water with ladder, steps or side with assistance. Fully submerge head 3 times. Travel in the water at least 5 yards with assistance. Open eyes under water. Front and back floats for 5 seconds assisted. Front and back glides for 2 body lengths assisted. Explore treading water in chest deep water. Combined arm and leg action on front and back for 3 body lengths with assistance. Enter the water by jumping.

Date	Day	Time	Res	Code
1/23-3/19	Sa	10:30-11:10A	\$20/NA	401021-01
1/23-3/19	Sa	12:00-12:40P	\$20/NA	401021-02
4/2-6/11	Sa	10:30-11:10A	\$20/NA	501021-01
4/2-6/11	Sa	12:00-12:40P	\$20/NA	501021-02

SWIM LESSONS LEVEL 1

Ages 5-13. Prerequisite: Ages 5+ or age 4 with Pre-School. Designed to begin developing positive attitudes, good swimming habits and safe practices in and around the water. Min/Max: 5/8. Wethersfield High School.

Skills: Enter and exit water independently. Blows bubbles through mouth and nose. Bobbing. Opens eyes under water to pick up object. Floats on front and back with minimal support. Front and back glides 2 body lengths with minimal support. Recover to vertical position front floating position. Rolls from front to back and back to front. Treads water in chest deep water. Alternating and simultaneous arm and leg action on the front and back. Combined arm and leg actions on front and back.

Date	Day	Time	Res	Code
1/23-3/19	Sa	9:45-10:25A	\$20/NA	401022-01
1/23-3/19	Sa	10:30-11:10A	\$20/NA	401022-02
1/23-3/19	Sa	12:00-12:40P	\$20/NA	401022-03
4/2-6/11	Sa	9:45-10:25A	\$20/NA	501022-01
4/2-6/11	Sa	10:30-11:10A	\$20/NA	501022-02
4/2-6/11	Sa	12:00-12:40P	\$20/NA	501022-03

SWIM LESSONS LEVEL 2

Ages 5-13. Prerequisite: Successful completion of level 1. This class is designed to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Jumps into chest deep water independently. Min/Max: 5/10. Wethersfield High School.

Skills: Fully submerges head for 5 seconds. Bobbing. Opens eyes to pick up submerged objects. Front, jellyfish and tuck floats. Recovers to vertical position. Front and back glides unsupported. Rolls from front to back and back to front while swimming. Combine arm and leg actions on front and back independently for 5 body lengths. Treads water using arm and leg actions. Jumps into chest deep water independently.

Date	Day	Time	Res	Code
1/23-3/19	Sa	9:45-10:25A	\$20/NA	401023-01
1/23-3/19	Sa	11:15-11:55A	\$20/NA	401023-02
4/2-6/11	Sa	9:45-10:25A	\$20/NA	501023-01
4/2-6/11	Sa	11:15-11:55A	\$20/NA	501023-02

SWIM LESSONS LEVEL 3

Ages 5-13. Prerequisite: Successful completion of level 2. This class is designed to build on skills by providing additional guided practice in deeper water. Min/Max: 5/10. Wethersfield High School.

Skills: Jumps into deep water independently. Head first entry from the side (sitting or kneeling). Bobbing while moving to safety. Uses rotary breathing in horizontal position. Back float for 30 seconds. Change from vertical to horizontal position on front and back. Tread water for 30 seconds. Flutter kicks and dolphin kicks on front in streamline position (3-5 body lengths). Scissor kick on side. Breaststroke kick on front. Front crawl for 15 yards. Elementary backstroke for 15 yards.

Date	Day	Time	Res	Code
1/23-3/19	Sa	11:15-11:55A	\$20/NA	401024-01
1/23-3/19	Sa	12:00-12:40P	\$20/NA	401024-02
4/2-6/11	Sa	11:15-11:55A	\$20/NA	501024-01
4/2-6/11	Sa	12:00-12:40P	\$20/NA	501024-02

SWIM LESSONS LEVEL 4

Ages 6-13. Prerequisite: Successful completion of level 3. This class is designed to develop confidence in the strokes and improve other aquatic skills. Min/Max: 5/10. Wethersfield High School.

Skills: Head first entry front the side in a compact or stride position. Swim under water 3-5 body lengths. Survival swimming. Open turns on front and back. Treads water using 2 different kicks. Front crawl and elementary backstroke 25 yards. Back crawl, breaststroke, sidestroke and butterfly for 15 yards. Flutter and dolphin kicks on back in streamline position for 3-5 body lengths.

Date	Day	Time	Res	Code
1/23-3/19	Sa	9:45-10:25A	\$20	401025-01
4/2-6/11	Sa	9:45-10:25A	\$20	501025-01

SWIM LESSONS LEVEL 5

Ages 6-13. Prerequisite: Successful completion of level 4. This class is designed to further learn how to coordinate and refine strokes. Min/Max: 5/10. Wethersfield High School. Skills: Shallow angle dive with glide to begin strokes. Tuck and pike surface dives. Front and back flip turns. Front crawl and elementary backstroke 50 yards. Back crawl, breaststroke, sidestroke and butterfly for 25 yards. Sculling.

Date	Day	Time	Res	Code
1/23-3/19	Sa	11:15-11:55A	\$20	401026-01
4/2-6/11	Sa	11:15-11:55A	\$20	501026-01

SWIM LESSONS LEVEL 6

Ages 6-13. Prerequisite: Successful completion of level 5. These classes are designed with "menu" options that focus on stroke refinement and additional aquatic skills: Fundamentals of Diving (FD), Fitness Swimmer (FS), and Personal Water Safety (WS). All levels include a 500 swim using any 3 strokes of their choice (at least 50 yards of each stroke) and each one will present additional course specific skills. Classes can be taken in any order. Min/Max: 5/8. Wethersfield High School.

Date	Day	Time	Res	Code
Fundamentals of Diving				
1/23-3/19	Sa	9:00-9:40A	\$20	401029-01
Fitness Swimmer				
4/2-6/11	Sa	9:00-9:40A	\$20	501027-01

BARRACUDA SWIM STROKE CLINIC

Swim stroke and competitive technique refinement. Prerequisite: able to swim 2 laps without stopping and completion of Swim Lesson Level 3. No Class 3/25. Min/Max: 18/24. Wethersfield High School.

Date	Day	Time	Res/NonRes	Code
Ages 5-10				
3/7-4/1	M-F	5:30-6:30P	\$95/\$125	401003-01
4/18-5/13	M-F	5:30-6:30P	\$95/\$125	501003-01
Ages 11-18				
3/7-4/1	M-F	6:30-7:30P	\$95/\$125	401004-01
4/18-5/13	M-F	6:30-7:30P	\$95/\$125	501004-01

ADVANCED AQUATIC TRAINING

Contact the American Red Cross at www.redcross.org for more information and registration.

Water Safety Instructor (WSI). Pre-requisites: FIT certification (a FIT course will be incorporated into this course), at least age 16, and a pre-course skills test.

Lifeguard Training (LGT). Pre-requisites: Age 15, swim 500 yards with a combination of crawl and breast strokes, and surface dive 7-10 feet to retrieve a 10 lb. brick.

Lifeguard Instructor (LGI). Pre-requisites: FIT certification (a FIT course will be incorporated into this course), age 17+, and a pre-course skills test.

Registration Policies

TO REGISTER

Registration for both winter and spring programs will begin for residents and Friends of the Nature Center on Wednesday, 1/6, at 8:00A; non-residents on Thursday, 1/7, at 8:00A. Exceptions are indicated in individual program descriptions.

Class participant must be registered under the household in which they reside.

Sometimes a class must be cancelled due to lack of enrollment. Please register early to avoid disappointment.

Online: wethersfieldct.gov, select “Parks & Recreation.” You must be a registered household with user name and password (see below). 75% of the spaces in each class are available and registration will end prior to the start of each class. **Not accessible through Smart phones or iPads.**

By mail or in person: Use registration form on the back. Copies are accepted. Submit forms by mail or drop off at Parks & Recreation or Pitkin Community Center. Forms received by mail or in person will be processed randomly. Forms will be accepted one week prior to start of registration.

Fax or phone registrations are not accepted.

HOW TO BECOME A REGISTERED HOUSEHOLD

Register online at wethersfieldct.gov by choosing “Parks & Recreation.” Once your household is entered in the database, you will receive a user name and password by the next business day to begin registering online.

PAYMENT

Online registration may be made by MasterCard or VISA credit or debit card. Registration forms submitted by mail or in person must include payment. Accepted methods of payment are cash, check or money order, MasterCard or VISA credit or debit card.

CANCELLATIONS

Cancellations due to inclement weather will be announced on WNBC-30 and the Parks & Recreation info line at 860-721-2890.

If Wethersfield schools open late, programs beginning before 10:00A are cancelled.

If schools close, programs beginning 6:30A-4:30P are cancelled.

If schools close early, afternoon programs are cancelled.

Evening cancellations will be announced by 4:45P.

Weekend cancellations will be announced by 8:00A.

REFUNDS & CANCELLATIONS

Parks & Recreation reserves the right to cancel programs and issue refunds due to insufficient registrants or causes beyond its control. Refunds will be automatic if a session is cancelled.

Refund requests must be received prior to the start of a class during office hours. \$10 per class processing fee will be deducted.

Refunds will not be given after a program has begun.

FINANCIAL ASSISTANCE FOR RESIDENTS

Contact the Parks & Recreation Department.

WAIVER

If you have a physical limitation, it is your responsibility to obtain a statement from your doctor approving your participation in a program. Parks & Recreation complies with the Americans Disabilities Act by making reasonable accommodations in its programs to enable participation by people with disabilities who meet essential eligibility requirements for the specific programs and facilities.

Therapeutic Recreation Supplemental Registration Form

Please be specific when providing the following information, and submit with your Registration Form.

Participant's Name _____

Primary Disability _____

Any Assistive or Adaptive Device(s) used _____

Any Medications _____

Side Effects Staff should be Aware of _____

Allergies _____

Special Considerations Not Mentioned Above (especially related to medical or behavioral needs)

Special Interests _____

Goals You Wish to See from this Program _____

I give my permission for photographs to be taken and used for program publicity. Yes ____ No ____

I give my permission for transportation to be provided in an authorized town vehicle to TR activities. Yes ____ No ____

Participant Signature (or Parent/Guardian)

Date

Friends of the Eleanor Buck Wolf Nature Center Supplemental Membership Form

Please submit with your Registration Form. Attach a separate check payable to "Friends of the EBWNC."

Please indicate membership type: ☐ Renewal ☐ New

Name: _____

(Adult's name, if minor): _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

The Friends is an IRS 501-c3 not-for-profit corporation. Contributions are tax deductible to the extent permitted by law.

Annual Memberships

Friend of Nature	<input type="checkbox"/> \$15	<input type="checkbox"/> \$25
Special Friend of Nature	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Nature Lover	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55
Guardian of Nature	<input type="checkbox"/> \$60	<input type="checkbox"/> \$70
Senior (individual or couple 65+)	<input type="checkbox"/> \$10	
Group (nonprofit, school class, scout troop)	<input type="checkbox"/> \$40	
Corporate Sponsorship	<input type="checkbox"/> \$100+	

Lifetime Memberships

Individual or Senior (indiv. or couple 65+)	<input type="checkbox"/> \$500
Family	<input type="checkbox"/> \$1,000

Town of Wethersfield

Activity Registration Form

Office Use: HH# _____

Submit with payment to: Town of Wethersfield, Parks & Recreation Department, 505 Silas Deane Highway, Wethersfield, CT 06109.
(Registration Instructions on page 22)

HOUSEHOLD CONTACT INFORMATION

Primary Household Contact _____ Household Email _____
(First & Last Name)
Secondary Household Contact _____ Emergency Contact _____
(First & Last Name)
Address _____ Emergency Phone _____ ☐ Home ☐ Work ☐ Cell
City, State, Zip _____ Relationship _____
Home # _____ Work # _____ Cell # _____

PROGRAM REGISTRATION

Participant(s)	Gender	Birthdate (Required)	Grade	Program Name	Program Code	Alternate Choice Program Code	Fee
Total							

Special Information (allergies, medical conditions, medications, etc.) _____

INDIVIDUAL POOL PASS - \$35.00

Office Use: Pass # _____

Name	Age	Birthdate (Required)

FAMILY POOL PASS - \$55.00 Limited to 2 adults plus children.

Office Use: Pass # _____

Name	Age	Birthdate (Required)	Name	Age	Birthdate (Required)

WAIVER

I acknowledge that there are certain risks in participating in a activity and agree to assume the risk of injury which I and/or my child may encounter. I grant permission to seek emergency medical care on behalf of myself and/or child. (Medical approval is suggested for those participating in any exercise class.) I further agree I will not hold employees of the Town of Wethersfield or its agents liable for any injuries which I and/or my child may encounter. I also grant permission for photographs to be taken of myself and/or child and to be used in department publicity publications, unless otherwise noted in writing. In addition, I acknowledge that all household information provided is true and accurate. The Parks & Recreation Department may request further verification regarding the information provided.

Signature _____ Date _____

☐ Cash ☐ Check or Money Order (payable to the Town of Wethersfield) ☐ MasterCard (see below) ☐ VISA (see below)

Office Use: Date Processed _____ By _____ Amount \$ _____ ☐ Cash ☐ Check # _____ ☐ Credit Card

CREDIT CARD PAYMENTS

I agree to pay the total amount above according to cardholder agreement. Please refer to refund policy in brochure.

Signature _____ Date _____

Credit Card Number _____ - _____ - _____ - _____ Expiration Date ____/____